For Want of Iron?

dern methods of cookad the rapid pace at
people of this country live has George H. Baker, formerly physician
such an alarming increase in and surgeon Monmouth Memorial Hosdeficiency in the blood of Amernen and women that I have often
"What women need to put roses in
"What women need to put roses in

Extracts From the Diary of Samuel Pepys,

Written 250 Years Ago

"Oct. 13 (Lord's Day). This day left off half-skirts and put on a wastecoate, and my false taby wastecoat with

"Oct. 19. We had a very good and handsome dinner and excellent wine. I not being neat in clothes, which I

find a great fault in me, could not be so merry as other

wise, and at all times I am, and can be when I am in good habit, which makes me remember my father Osborne's

rule for a gentleman, to spare in all things rather than

whose mourning is now grown so old that I am ashamed

a handsome belt for second mourning, which cost me 24 shillings, and is very neat."

ings and my new coate of the fashion, which pleases me

well, and with my bever I was, after office was done, ready

money upon my wife, which I perceived was a little more

earnest than ordinary, and so I seemed to be pleased with it, and do resolve to bestow a lace upon her."

"Nov. 11. I found my Lady had agreed upon a lace for my wife at £6, which I seemed much glad of that it

was no more, tho, in my mind I think it too much, and I

pray God to keep me so to order myself, and my wife's expences, that no inconvenience in purse or honour fol-

1663.

£4 per annum, the first time I ever did give so much. She

and for myself £55, or thereabouts; having made myself a

things, being resolved henceforward to go like myself. And also two perriwiggs, one whereof cost me £3, and the other 40 shillings. I have worn neither yet, but will begin next week, God willing. I have laid out in clothes for my-

self, and wife, and for her closet and other things without, these two months this, and the last, besides household expenses of victualls, etc., above £110. But I hope I shall

with more comfort labour to get more, and with better suc-

cess than when, for want of clothes, I was forced to sneak

ago to present an attractive personal appearance, and if

it is Faultless Footwear that is desired. Zellner's can sup

ply your entire wardrobe, whether for man, woman or child.

When Zellner's policy was changed, the profit was cut in two. Under the cash plan the profit has been again cut in two. Increased sales for the year of 160% have helped us do it.

It is today just as important as Pepys found it so long

velvet cloak, two new cloth shirts, black, plain both; a new shag gown trimmed with gold buttons and twist, with a new hat; and silk tops for my legs; and many other

"March 26. This morning come a new cooke-maid at

"Oct. 31. To my great sorrow find myself £43 worse than I was the last month, which was then £760, and now is but £717. But it hath chiefly arisen from my layingsout in clothes for myself and wife, viz., for her about £12.

"Oct, 27 (Lord's Day). To church, my wife with me,

"Oct. 28. Sent for a belt-maker, and bought of him

"Oct. 29. This day I put on my half cloth black stock-

"Nov. 9. My Lady did mightily urge me to lay out

RMAN-AUSTRIA VOTES

# OPOSED AIR DUEL OF

odern Methods of Cooking and

iving Have Made an Alarming crease in Iron Deficiency in

lood of American Men and

Build Up Weak, Nervous

Run-Down Folks

Over 3,000,000

trength, Power,

nergy and En-

gold lace.'

to go to church with her.'

low this my prodigality.

did live last at my Lord Monke's house.

at prices to suit your own needs.

to go to my Lord Mayor's feast."

ny Nuxated Iron So Quickly Helps



UNCLE WIGGILY AND KITTLE KAT.

(Copyright, 1919, by McClure Newspaper Syndicate.)

BY HOWARD R. GARIS.

Uncle Wiggily Longears, the bunny rabbit gentleman, was hopping through the woods one day, not fur from his hollow stump bungalow, and he was feeling yery happy, for Nurse Jame Fuzzy Wurzy, his muskrat lady house Resper, had just given him a fine keeper, had just given him a fine grawing wood. Uncle Wiggily soon work with his strong teeth, just made for grawing wood. Uncle Wiggily soon grawing wood.

s Your Blood Starving

crack of the log.

And after he had helped the kitten girl Uncle Wiggily gave his pink nose an extra twinkle or two and hopped on through the woods, hoping he might find an adventure. And he did, too, only it was not just the nice kind he was looking for.

Because, all of a sudden out from behind a big stone popped the bad old Skuddlemagoon. And the Skuddlemagoon had a big rag bag with him, and a needle and thread.

"This time you are not going to get

## CARES FOR FRENCH TOTS.

HUNTINGDON, Tenn., March 14. (Spl.)-Carroll county has exceeded he quota of French orphans, according to Mrs. Neill Wright, of Huntingdon, chairman. The county now has 102 adoptions, Huntingdon having 35, Me-Kenzie 33, Trezevant 15 and a number of other communities ranging from one to three.

# OUCH! CORNS!

LIFT CORNS OFF



Doesn't hurt a bit to lift that sore, touchy corn off with



Drops of magic! Apply a little Freezone on that bothersome corn, in stantly that corn stops hurting, then you lift it off with the fingers. No pain at all! Try it!

Why wait? Your druggist sells tiny bottle of Freezone for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without sore



## AMUSEMENTS

"Pom-Pom."

rollicking and entirely tuneful Pom," with its camic opera ac-

rosny as the critic, Thomas wash as fromus, burglar in chief, Chas Princis is Big Diassou; Betty Webber as Eve-ypt, and Jane Carrell as Theresa. "Pom-Pom' remains at the New Lyric for Friday matthee and night performances. G. E. BROWN.

### Loew's Lyceum.

A vaudeville bill that is pleasing from eginning to end and which is without cak spots, is the offering at Lack'

dered in a voice both cuttured and pleasing to the ear.

"The Girl Dodger," a humorous story of college life, with Charles Ray as the star, is a film story that rounds out a bill of unusual merit and gives film patrons something to hugh at. Loew's News Weekly is added.

colorful contrast. A perfect New York cast, including a chorus of loveliness and singing quality, and also a special orchestra from the New Amsterdam theater, New York, are features.

## "Flo-Flo."

"Flo-Flo."

If there is anything more obvious than the stove polish on a detective's shoes it is the dancing ability of Pinky and Aloysius, the self-styled Sheriock Holmes, and Watson of John Cort's "war bride" musical comedy offering. "Flo-Flo," which the producer will bring to the New Lyric theater next Monday and Tuesday nights, with Tuesday matince. "Flo-Flo" just finished along and successful run at the Cort theater, New York elty. This eccentric dancing team with its trick hat and its theft of the bride's trousseau, provides some of the brightest moments of the sparkling Cort production, not overlooking, of course, the show's "perfect 36" comedy chorus, its splendid cast, effective scenery, catching lyrics, snappy ive scenery, catching lyrics, snappy lines and riotous fun. Scats are now on

Orpheum.

When Miss Helen Trix, who is at the Orpheum this week, decided that two voices were better than one and that for vaudeville purposes a partnership was the thing, she did not have to waste any time looking around for an associate. She merely went home, got her sister, rehearsed a little and began to play. Helen Trix is well knewn as a song narrator of fine attainment. She writes her own songs, sings her own songs and plays her own accompaniment. Now she writes her own songs and her sister's, too, and plays her sister's accompaniment. All of the songs are of the descriptive kind, and each tells a pertinent story. Both girls dance, both are pretty and both are of striking personality.

### FRENCH DEPUTIES DON'T LIKE FINANCE REPORT

PARIS, March 14.—An analysis of the vote which closed yesterday's financial debate in the chamber of deputies shows that 146 deputies abstained from voting, which is interpreted amarking the dissatisfaction of a large section of the house at the indefiniteness of finance Minister Kleiz's statement. The report was current late last night that M. Klotz, in consequence of what he felt amounted to a vote of censure, interded to resign.

The report, however, appears to be unfounded, for it is pointed out in political circles that the finance minister was embarrassed by the fact that he was acting in the double capacity of cabinet minister and peace conference delegate and consequently felt obliged to confine himself to generalliles on many points regarding which the chamber desired specific information, such points being still under consideration by the peace conference.

# WHO'S TO BLAME

ETHEL LLOYD PATTERSON

Pape's Diapepsin at Once Ends Sourness, Gases, Acidity,

# HOROSCOPE

SATURDAY, MARCH 15, 1919.

If the stars are read aright there will be a period of extraordinary prosperity following the readjustments necessary to peace and the tendency toward large success will be noticeable within a short time.

Mars today is in sinister aspect and seems to tain! the world with the threat that wars are not to be forever ended.

New ideas and novel materials are to be introduced in buildings, the seem declare, and cottages will multiply in many parts of the country.

There is again signs that seem persistently to presage contentionsess and a tendency toward harsh criticism among public men and private families. The potency of thought is to be widely recognized through some strange discovery, it is prognosticated.

Women come under a sway making for intense activity in national affairs. They will be prominent in politics from this time on and will prove to be extraordinarily gifted as organizers and promoters.

promoters.
Leaders among men will rise suddenly
in the next few months. One of these
will come from the Far West, the seers

astrologers for many months, spread during the spring and sur

spread during the spring and summer, and schisms among workers' organizations are prophesied.

Fersons whose birthdate it is have the augury of a happy, busy year Nuccess is financial matters is forcioid.

Children born on this day are likely to be industrious and successful They should be careful in their love affairs.

## Rice Muffins.

One cup of cooked rice, one-half tea-spoon said, three teaspoons baking pow-der, one-half teaspoon of sagar, one-half teaspoon lard, one cup sweet milk, one and one-half cups flour. Mix all together and bake in hot greased muf-

# Look carefully at that jar and carton

Indigestion.

of Resinol Cintment. Remember what it looks like when you ask for it at your druggist's. Insist upon getting the real Resinol-not something claimed to be just as good. If other treatments have proved a waste of time and money. Resinol seldom, if ever, fails to give entire satisfaction when treating eczema, nettle rash, ringworm, itch, pimples, dandruff, chafings, burns, and other eruptions and abrasions of the skin. DIRECTIONS

Wrapped around every jar of Resinol Olas-ment and cake of Resinol Soan is a booklet of explanations and directions. Read the con-tents thoroughly, and follow the instructions carefully.



# This Pretty Girl Tells How She Defies Age by Using Ordinary Oatmeal to Beautify Her Complexion



Oatmeal to Beautify Her Complexion
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to compaints regarding which the chamber desired specific information, such
points being still under consideration
by the peace conference.

G. O. P. STEERING SOLONS
DISCUSS NEW BILLS

WASHINGTON, March 14.—Legislation expected to come before the next
as assiston by Fresident Wilson was considered at a meeting today of the Republican steering committee of the next
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DAILY HOME HELP

# SCHOOL-DAY STRAIN

A parent troubled over a child or a fast-growing youth, could do no better than to utilize the definite help that

affords as a strengthening and nourishing factor. A very little of Scott's every day, during a time of stress, furnishes elements of nourishment essential to the blood and tends to confirm a growing child in robustness. For your boy or girl, you will not be satisfied with anything short of Scott's. Scott & Bowne, Bloomfield, N. J.

Our Motto; Quality Goods.

# Our Coffee Known the World Over For Quality Freshly Roasted and Ground When Ordered

Lady Peas. Specials For Lenten Meals Macaroni and Spaghet-Pink Salmon, 22c ti, 9-oz. tall can ..... 28c Quaker Rolled Red Salmon, tall can ..... Oats, lb. A. & P. Columbia River Salmon, 25c Compound Lard 26c Pound B. & M. Fish Flakes, can ... Have you tried A. & P. Tuna Fish,

Herring in

can ......

can ......

1/2-lb. can ....

can .....

Navy Beans, lb. .....

Black-Eyed

Scotch Peas, Lima Beans.

Peas, lb. .....

Sauce,

1/2-lb.

Lobsters,

Shrimp,

24c Extracts? They are Tomato absolutely pure. All 2-oz. Bottles 25c

Japanese Crab Meat, Small Bottles 10c 37c The same size bottles retail for 35c and 15c 37c elsewhere. dines, large can 20c

Howard's Mayonnaise Salad Dressing, 28c bottle ..... The very best. As 11c good as the best cook

can make at home. Try

a bottle. Free! Free! 15c with 1-lb. can of A. &

P. Baking Powder, 50c, 1 Fancy Salad Bowl.

# The Great Atlantic & Pacific Tea Co. 1771/2 S. MAIN ST. Phones-Main 49-5500; New 49

Free Deliveries



# **WE GIVE YOU CREDIT**

And save you big money, too. Try our original easy credit plan, and you'll be pleased and satisfied. You simply pay us as you get paid, and you can always count on having

Real Good Clothes at Real Low Prices TRY OUR ORIGINAL EASY CREDIT PLAN-YOU'LL BE PLEASED AND SATISFIED

WOMEN'S BOX SUITS Very new this season. Stylish and \$15 to \$40 in Suits—in all the late shades...

Open an Account at H. & R.'s and Pay Us Weekly Women's Capes Will be very popular—see our \$20

Easy Weekly Payments. Last few days of our 25% reduction on all of our Men's and Ladies'

Winter Coats to clean out this stock quickly. Come in to norrow and snap up one of these bargains.

Millinery at a Saving

\$3.98 to \$7.50 Men's Waistline Suits

\$25 to \$45

We are showing the popular waistline styles -also the conservative models. Finely tallored-all sizes. New fancy and solid color

patterns. Easy Weekly Payments-



Jellner Thoe Co